

References and Resources

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Selected References

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Recommended for Further Reading

If you're a diabetes educator, health care provider, or support group facilitator looking for more guidance, please look at the list below. From dietary advice to inspirational quotes, these selected readings from our reference list provide a nuts-and-bolts compilation of resources for dealing with both the physical and emotional aspects of diabetes.

1. Feste C. *365 Daily Meditations for People with Diabetes*. Alexandria: American Diabetes Association; 2004.

Written by Catherine Feste, a motivational speaker and health educator, this book is a collection of meditations designed to inspire hope and provide guidance for people living with diabetes. Feste weaves together quotes from sources as diverse as Albert Einstein, William Shakespeare, and Buddha with skillful storytelling,

creating a web of emotional and spiritual thoughts that has been described as a “support group in a book.”

2. Gavin J, Landrum S. Dr. Gavin’s Health Guide for African Americans. Alexandria: Small Steps Press; 2004.

Dr. James Gavin III, MD, PhD, Chair of the National Diabetes Education Program and past president of the American Diabetes Association, combines his passion for medicine and his knowledge of African American culture into a practical, easy-to-use reference book on healthy lifestyles. The book covers everything from diabetes and other chronic diseases to the importance of emotions and family support as they relate to a person’s health.

3. *Take Charge of Your Diabetes*. 3rd ed. 2003. (English-language patient guide)
<http://www.cdc.gov/diabetes/pubs/tcyd/index.htm>

Developed by the Centers for Disease Control and Prevention, *Take Charge of Your Diabetes* offers basic information about diabetes care and management. Topics include everything from managing blood sugar levels during sick days to avoiding diabetes-related complications. The book and its online version also provide an assortment of glucose logs for those wishing to keep track of their sugar levels.

Selected Web Resources

Diabetes Prevention Program, Lifestyle Balance
<http://www.bsc.gwu.edu/dpp/manuals.htmlvdoc>

Though *The Debilitator* film deals mostly with what to do when you have diabetes, understanding the importance of prevention is the ultimate key to leading a diabetes-free life. The Diabetes Prevention Program (DPP) Web site provides links to curriculum and information on the DPP in English and Spanish.

Improving Chronic Illness Care, MacColl Institute for Healthcare Innovation
<http://www.improvingchroniccare.org>

Improving Chronic Illness Care, a national program of The Robert Wood Johnson Foundation, is dedicated to the idea that United States health care can do better. The 99 million Americans who suffer from diabetes, depression, and other chronic conditions can lead healthier lives. Providers who care for chronically ill patients can be better supported with guidelines, specialty expertise, and information systems.

National Diabetes Education Program
<http://www.ndep.nih.gov>
<http://www.cdc.gov/diabetes/ndep>
<http://www.diabetesatwork.org>
<http://www.betterdiabetescare.nih.gov>

Centers for Disease Control and Prevention

<http://www.cdc.gov>

National Institute of Diabetes and Digestive and Kidney Diseases

<http://www.niddk.nih.gov>

U.S. Department of Health and Human Services, Steps to a HealthierUS,

<http://www.healthierus.gov>

The Web site provides links to a wide range of topics on nutrition, exercise, obesity, diabetes, and blood pressure.

Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by NDEP or the federal government, and none should be inferred. The NDEP is not responsible for the content of the individual organization Web pages.

MISSOURI

Missouri Diabetes Prevention and Control Program

Bureau of Cancer and Chronic Disease Control

Missouri Department of Health and Senior Services

P. O. Box 570

920 Wildwood Drive

Jefferson City, MO 65102-0570

Ph: 800-316-0935 or 573-522-2861

FAX: 573-522-2898

Jo Anderson, Coordinator

<http://www.dhss.mo.gov/diabetes>



NDEP Publications & Resources

The NDEP encourages you to visit the Web site www.ndep.nih.gov for descriptions of all items listed below, translations for various ethnic groups, and to find the newest products available to the public.

Control Your Diabetes. For Life.: Publications & Resources for Consumers



4 Steps to Control Your Diabetes. For Life.

(NDEP-67)*

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

7 Principles for Controlling Your Diabetes. For Life.

(NDEP-17)*

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy

(NDEP-8)

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

If You Have Diabetes, Know Your Blood Sugar Numbers

(NDEP-10)*

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

The Power to Control Diabetes Is in Your Hands

(NDEP-38)*

First 25 copies free. Each additional package of 25, \$5.

Expanded Medicare Coverage of Diabetes Services Fact Sheet

(NDEP-77)

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Take Care of Your Feet for a Lifetime

(NDEP-4)*

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Tips for Helping a Person with Diabetes

(NDEP-57) *

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Recipe and Meal Planner Guide (Recetas y plan de comidas)

(NDEP-51)*

A bilingual (English and Spanish) meal planner with food photography. Available online only at www.ndep.nih.gov.



Be Smart About Your Heart. Control the ABCs of Diabetes.

Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol
(NDEP-52)*

First 25 copies free. Each additional package of 25, \$5. Limit two packages.

If You Have Diabetes, Take Care of Your Heart (Si tiene diabetes, cuide su corazón)
(NDEP-58)*

An easy-to-read, illustrated, bilingual (Spanish and English) booklet. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Small Steps. Big Rewards. Prevent Type 2 Diabetes

Small Steps. Big Rewards. Your GAME PLAN for Preventing Type 2 Diabetes: Information for Patients
(NDEP-60)*

This is a four-booklet package. Single set free. Each additional set, \$4. Limit three sets.

Small Steps. Big Rewards. Diabetes Prevention Tip Sheets for High Risk Audiences

The tip sheets are tailored for groups at highest risk for diabetes and supplement the GAME PLAN kits. First 25 copies free. Each additional package of 25, \$5. Limit: two packages of each tip sheet.

More than 50 Ways to Prevent Diabetes (for African Americans)
(NDEP-71)

It's Not Too Late to Prevent Diabetes (for Older Adults)
(NDEP-75)

Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes (for General Audience)
(NDEP-76)

Publications and Resources for Children and Adolescents

Helping the Student with Diabetes Succeed: A Guide for School Personnel
(NDEP-61)*

Single copy free. Each additional copy, \$3. Limit six copies.

Tips for Kids with Type 2 Diabetes Series

First 25 copies free. Each additional package of 25, \$5. Limit two packages of each tip sheet.

What Is Diabetes?
(NDEP-63)

Be Active
(NDEP-64)

Stay At a Healthy Weight
(NDEP-65)

Eat Healthy
(NDEP-66)

Control Your Diabetes. For Life. : Publications & Resources for Health Care Providers



Diabetes Numbers at-a-Glance Card
(NDEP-12)

Single copy free. Each additional package of 25, \$5. Limit five packages.

Guiding Principles of Diabetes Care

(NDEP-16)

First six copies free. Each additional package of 25, \$5.

Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals

(NDEP-54)

Single copy free. Each additional copy, \$1. Limit six copies.

Working Together to Manage Diabetes: Poster

(NDEP-55)

Single copy free. Limit one copy.

Working Together to Manage Diabetes: Diabetes Medications Supplement

(NDEP-54-S)

Single copy free. Each additional copy, \$1. Limit six copies.

Team Care: Comprehensive Lifetime Management for Diabetes

(NDEP-37)

Single copy free. Each additional copy, \$1. Limit six copies.

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems

(NDEP-2)

Single copy free. Each additional copy, \$3. Limit six copies.

The Power to Control Is in Your Hands, Health Care Practitioner's Kit

(NDEP-50)

Single kits free. Each additional kit, \$1. Limit six kits.

The Power to Control Diabetes Is in Your Hands. Poster

(NDEP-40)

Single copy free. Each additional package of 25, \$5.

The Power to Control Diabetes Is in Your Hands. Countertop Display

(NDEP-42)

Single copy free. Each additional package of 10, \$5.

www.BetterDiabetesCare.nih.gov

This easy-to-use comprehensive resource will help health care providers, educators, policy makers, planners, and purchasers make important changes in systems of care for people with diabetes and achieve exciting results.

Be Smart About Your Heart. Control the ABCs of Diabetes.***Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol.******Photocopy Master***

(NDEP-52PM)

Camera-ready version of NDEP-52. Single copy free. No bulk orders.

If You Have Diabetes, Take Care of Your Heart. Flipchart Presentation (Si tiene diabetes, cuide su corazón. Presentación en rotafolio)

(NDEP-58FC)

A bilingual presentation tool. Single copy free. Each additional copy, \$4. Limit five copies.

Small Steps. Big Rewards. Prevent Type 2 Diabetes***Small Steps. Big Rewards. Your GAME PLAN for Preventing Type 2 Diabetes: Health Care Provider Toolkit***

(NDEP-59)*

Single copy free. Each additional copy, \$5. Limit three copies.

Publications and Resources for Organizations***Control Your Diabetes. For Life. Campaign Guide for Partners***

(NDEP-15)

This 58-page how-to guide is designed to help partner organizations disseminate the *Control Your Diabetes. For Life.* campaign messages. Single copy free. Each additional copy, \$3.***Diabetes Community Partnership Guide***

(NDEP-21)

This how-to kit contains ideas, tools, and guidelines for community partnerships and diabetes activities. Single copy free. Each additional copy, \$3. Limit six copies.

Five Communities Reach Out Videotape (VHS)

(NDEP-36)

This powerful 22-minute video and accompanying guide show how different communities can work together and use available resources to improve diabetes control. The video can be used as part of a community action-planning workshop when combined with the NDEP publication *Diabetes Community Partnership Guide* (NDEP-21). Single copies \$10 each.***Making a Difference: The Business Community Takes on Diabetes***

(NDEP-33)*

This white paper is a call to action for business leaders to become involved in workplace and community activities to control diabetes-related complications. Single copy free. Each additional copy, \$1.

Team Care: Comprehensive Lifetime Management for Diabetes

(NDEP-37)

This report was created to help organizational leaders in health care systems and health care purchasers implement multidisciplinary team care for people with diabetes in all clinical settings. Single copy free. Each additional copy, \$1. Limit six copies.

www.DiabetesAtWork.org

This online diabetes and health resource kit helps businesses and managed care companies to assess the impact of diabetes in the workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease.